



# TENDER JACK



## FLAVOURS

ORIGINAL

SMOKEY BBQ

TERIYAKI

CURRY

## Amazonia Tender Jack

Original 300g RRP \$8.99

Smokey BBQ 300g RRP \$8.99

Teriyaki 300g RRP \$8.99

Curry 300g RRP \$8.99



PLANT  
BASED



ORGANICALLY  
GROWN JACKFRUIT



NO GLUTEN,  
DAIRY OR SOY



## KEY FEATURES



Source of Fibre



Sustainably Sourced Jackfruit



Original, Smokey BBQ, Teriyaki  
& Curry



Sizzle & Serve

## WHY AMAZONIA TENDER JACK?

**Amazonia Tender Jack** is made from young Jackfruit, organically grown and hand-harvested from abundant food forests across the 'Land of Jack'. **Amazonia Tender Jack** is a source of dietary fibre and contains no artificial ingredients. Our Jackfruit is completely plant based, containing nothing artificial. Our Retail Packs come in four flavour variations including Original, Smokey BBQ, Teriyaki and Curry. All are extremely versatile and a perfect plant-based addition to your meals.

## INGREDIENT BENEFITS

### TENDER, YOUNG JACKFRUIT

Tender, young Jackfruit has a tender, meat-like consistency and a subtle taste, making it extremely versatile.

### ORGANICALLY GROWN JACKFRUIT

Our Jackfruit is certified organic and sustainably sourced and harvested.

### PLANT BASED

All flavours contain no dairy or animal products. **Amazonia Tender Jack** is vegan friendly and a delicious ethical, nourishing food source.

### CONTAINS NO:

Artificial Ingredients, Additives, Preservatives & GMOs.

## DIRECTIONS

### PAN FRY (recommended)

1. Place a non-stick pan over medium heat. 2. Empty contents of pouch into pan. 3. Cook for 5-10 minutes or until contents are heated through. **OPTIONAL:** Break or shred Jackfruit up while in pan.

### OR

### OVEN BAKE

1. Heat oven to 180°C. 2. Line a tray with baking paper and spread contents evenly. 3. Bake for 15 minutes or until contents are heated through.



# TENDER JACK

## INGREDIENTS

### Original

Organic Tender Jackfruit\*, Purified Water. \*Certified Organic

### Smokey BBQ

Organic Tender Jackfruit\*, Organic Tomato\*, Organic Coconut Jaggery\*, Organic Tomato Sauce\* (Organic Tomato\*, Organic Chilli\*, Organic Lime\*, Rock Salt, Organic Ginger\*), Organic Tamarind\*, Organic Sunflower Oil\*, Organic Vegetable Stock\*, Organic Worcestershire Sauce\*, Rock Salt, Organic Ginger\*, Organic Garlic\*, Organic Thyme\*, Organic Black Pepper Powder\*, Himalayan Pink Salt, Organic Garlic Powder\*, Organic Paprika\*, Organic White Pepper Powder\*. \*Certified Organic

### Teriyaki

Organic Tender Jackfruit\*, Organic Tomato Sauce\* (Organic Tomato\*, Organic Coconut Jaggery\*, Organic Chilli\*, Organic Lime\*, Rock Salt, Organic Ginger\*), Organic Tomato\*, Organic Soy Sauce\* (Organic Soy Beans\*, Purified Water, Rock Salt), Organic Coconut Sugar\*, Organic Tamarind\*, Organic Sunflower Oil\*, Organic Vegetable Stock\*, Organic Sesame Seeds\*, Organic Coconut Jaggery\*, Organic Garlic\*, Organic Ginger Powder\*, Rock Salt, Organic Oregano\*, Organic Paprika\*, Organic Black Pepper\*, Organic White Pepper\*, Himalayan Pink Salt, Organic Rosemary\*, Organic Thyme\*, Organic Garlic Powder\*. \*Certified Organic. Contains Soy and Sesame.

### Curry

Organic Tender Jackfruit\*, Organic Coconut Milk\*, Organic Vegetable Stock\* (Organic Carrot\*, Purified Water), Organic Onion\*, Organic Sunflower Oil\*, Organic Tamarind\*, Organic Garlic\*, Rock Salt, Organic Coriander Powder\*, Organic Chilli Powder\*, Organic Fennel Powder\*, Organic Ginger Powder\*, Organic Turmeric Powder\*, Organic Fenugreek\*, Organic Mustard\*, Organic Mustard Powder\*, Organic Basil\*. \*Certified Organic

## FREE FROM

### Original

Gluten, Dairy and Soy

### Smokey BBQ

Gluten and Dairy

### Teriyaki

Gluten and Dairy

### Curry

Gluten, Dairy and Soy

## FREQUENTLY ASKED QUESTIONS

### What is Jackfruit?

Jackfruit is a large, tree-borne fruit, native to tropical Asia. It has a spikey exterior with a white or yellow solid interior. Jackfruit can be enjoyed during different stages of its maturity, with different textures and flavours depending on the desired flavours and purpose.

### Why young Jackfruit?

Young Jackfruit has a tender, meat-like consistency and a subtle taste, making it extremely versatile and perfect in savoury dishes.

Ripe jackfruit has a completely different flavour and has been described to taste like sweet, tangy mango or bubblegum. The ripe fruit is perfect to enjoy on its own, blended into recipes including smoothies, bowls and used in cooking.



# TENDER JACK

## What does Jackfruit taste like?

The tender, young Jackfruit that we use in our product has a very subtle taste when plain. Making it perfect to add into savoury dishes and cooking with a variety of herbs, spices and sauces.

## What are the health benefits of Jackfruit?

Jackfruit is plant based and is a source of fibre. Adding extra vegetables and/or plant-based protein sources will increase the nutrient content making it a delicious, balanced meal.

## Is Jackfruit fake meat?

Unlike some other plant based meat alternatives available on the market, Jackfruit is a whole food. Tender Jack is made with minimal processing, with the texture and versatility to serve the purpose of a meat replacement.

## How can I use Jackfruit in my dishes?

**Amazonia Tender Jack** is the perfect addition to savoury dishes. Add it as a 'meat replacement' to any recipe or with any ingredients you wish. We have a range of 4 delicious flavours, to suit any recipe or dish. Simply follow the cooking instructions on the back of the package and add to your meal!

## What is the best way to store Amazonia Tender Jack?

**Amazonia Tender Jack** can be stored out of the fridge at or below 30°C. Once opened store it in the fridge and consume within 3 days.

## Environment?

**Amazonia Tender Jack** is made from organically grown Jackfruit hand harvested from abundant food forests across the 'Land of Jack'. This cultivation helps to keep these forests standing and provides an ethical, nourishing food source.

## Gluten Free?

Yes! All flavours variations of **Amazonia Tender Jack** are Gluten Free!

## Soy Free?

**Amazonia Tender Jack Original and Curry** are suitable for Soy Free. **Amazonia Tender Jack Teriyaki** contains Soy in the sauce.

## Vegan and dairy free?

Yes! All flavours variations of **Amazonia Tender Jack** are dairy free and Vegan suitable.

## ORIGINAL

## SMOKEY BBQ

### NUTRITIONAL INFORMATION

Servings per pack: 2 / Serving size: 150g

Typical Composition	Avg. qty. per 150g	Avg. qty. per 100g
Energy (kJ)	165kJ	110kJ
(kcal)	39kcal	26kcal
Protein	1.5g	1.0g
Fat - Total	0.8g	0.5g
Saturated Fat	0.5g	0.3g
Carbohydrates	6.0g	4.0g
Sugars	1.5g	1.0g
Dietary Fibre	5.6g	3.7g
Sodium	180mg	120mg

### NUTRITIONAL INFORMATION

Servings per pack: 2 / Serving size: 150g

Typical Composition	Avg. qty. per 150g	Avg. qty. per 100g
Energy (kJ)	747kJ	498kJ
(kcal)	179kcal	119kcal
Protein	2.4g	1.6g
Fat - Total	4.2g	2.8g
Saturated Fat	0.9g	0.6g
Carbohydrates	34.4g	22.9g
Sugars	28.5g	19.0g
Dietary Fibre	2.9g	1.9g
Sodium	750mg	500mg
Iron (30% RDI)	4.2mg (35% RDI)	2.8mg



# TENDER JACK

## TERIYAKI

## CURRY

### NUTRITIONAL INFORMATION

Servings per pack: 2 / Serving size: 150g

Typical Composition	Avg. qty. per 150g	Avg. qty. per 100g
Energy (kJ)	590kJ	393kJ
(kcal)	141kcal	94kcal
Protein	2.7g	1.8g
Fat - Total	3.2g	2.1g
Saturated Fat	1.2g	0.8g
Carbohydrates	26.6g	17.8g
Sugars	17.9g	12.0g
Dietary Fibre	5.9g	3.9g
Sodium	570mg	380mg

### NUTRITIONAL INFORMATION

Servings per pack: 2 / Serving size: 150g

Typical Composition	Avg. qty. per 150g	Avg. qty. per 100g
Energy (kJ)	675kJ	450kJ
(kcal)	161kcal	108kcal
Protein	4.2g	2.8g
Fat - Total	11.7g	7.8g
Saturated Fat	6.5g	4.3g
Carbohydrates	9.0g	6.0g
Sugars	2.7g	1.8g
Dietary Fibre	7.5g	5.0g
Sodium	870mg	580mg
Iron (10% RDI)	1.2mg (10% RDI)	0.8mg



VERSATILE



DELICIOUS



DAIRY FREE



PLANT BASED



FIBRE



NOTHING ARTIFICIAL



SUSTAINABLY SOURCED



ORGANICALLY GROWN